



Squishy Recipes

Try these five fun recipes at home!



1 Oobleck Recipe

Oobleck Ingredients:

- 1 part water
- 1 1/2 to 2 parts cornstarch
- Food coloring (optional)

Instructions:

- 1) Start with the water in a bowl (or wading pool!) and add the cornstarch a bit at a time.
- 2) Keep stirring until it has a gooey consistency. You may want to use your hands.
- 3) When the oobleck is just right, slowly add food coloring, if you want.
- 4) Play with it.

2 Rubbery Play Dough

Rubbery Play Dough Ingredients:

- 2 cups baking soda
- 1 1/2 cups water
- 1 cup cornstarch

Instructions:

- 1) Mix the ingredients with a fork until smooth.
- 2) Boil over medium heat until thick.
- 3) Spoon onto a plate or wax paper and allow it to cool.



3

Play Dough

Play Dough Ingredients:

- 2 cups all-purpose flour
- 3/4 cup salt
- 4 teaspoons cream of tartar
- 2 cups lukewarm water
- 2 Tablespoons of vegetable oil (coconut oil works too)
- Food coloring, optional
- Quart-sized bags

Instructions:

- 1) Stir together the flour, salt, and cream of tartar in a large pot. Next, add the water and oil. If you are only making one color, add in the color now as well.
- 2) Cook over medium heat, stirring constantly. Continue stirring until the dough has thickened and begins to form into a ball. Remove from heat and then place inside a gallon-sized bag or onto wax paper.
- 3) Allow to cool slightly and then knead until smooth. If you are adding colors after, divide the dough into balls (for how many colors you want) and then add the dough into the quart-sized bags. Start with about 5 drops of color and add more to brighten it. Knead the dough while inside the bag, so it does not stain your hands. Once it is all mixed together, you are ready to PLAY.
- 4) Store the play dough inside the bags to keep it soft.

4

Oatmeal Play Dough

Oatmeal Play Dough Ingredients:

- 1 cup flour
- 2 cups oatmeal
- 1 cup water

Instructions:

- 1) Combine the flour and oatmeal in a bowl.
- 2) Gradually stir in the water.
- 3) Knead until mixed and add food coloring if you like.

5

Moon Sand

Moon Sand Ingredients:

- 5 cups of flour
- 1 cup of cooking oil

Instructions:

- 1) Measure, pour, and mix! That's it! Add all ingredients to a sensory bin or large bowl, and mix them together.
- 2) You should be able to grab a chunk of the moon sand, mold it, and have it hold. If not, you may need more oil. Too oily? Add more flour!